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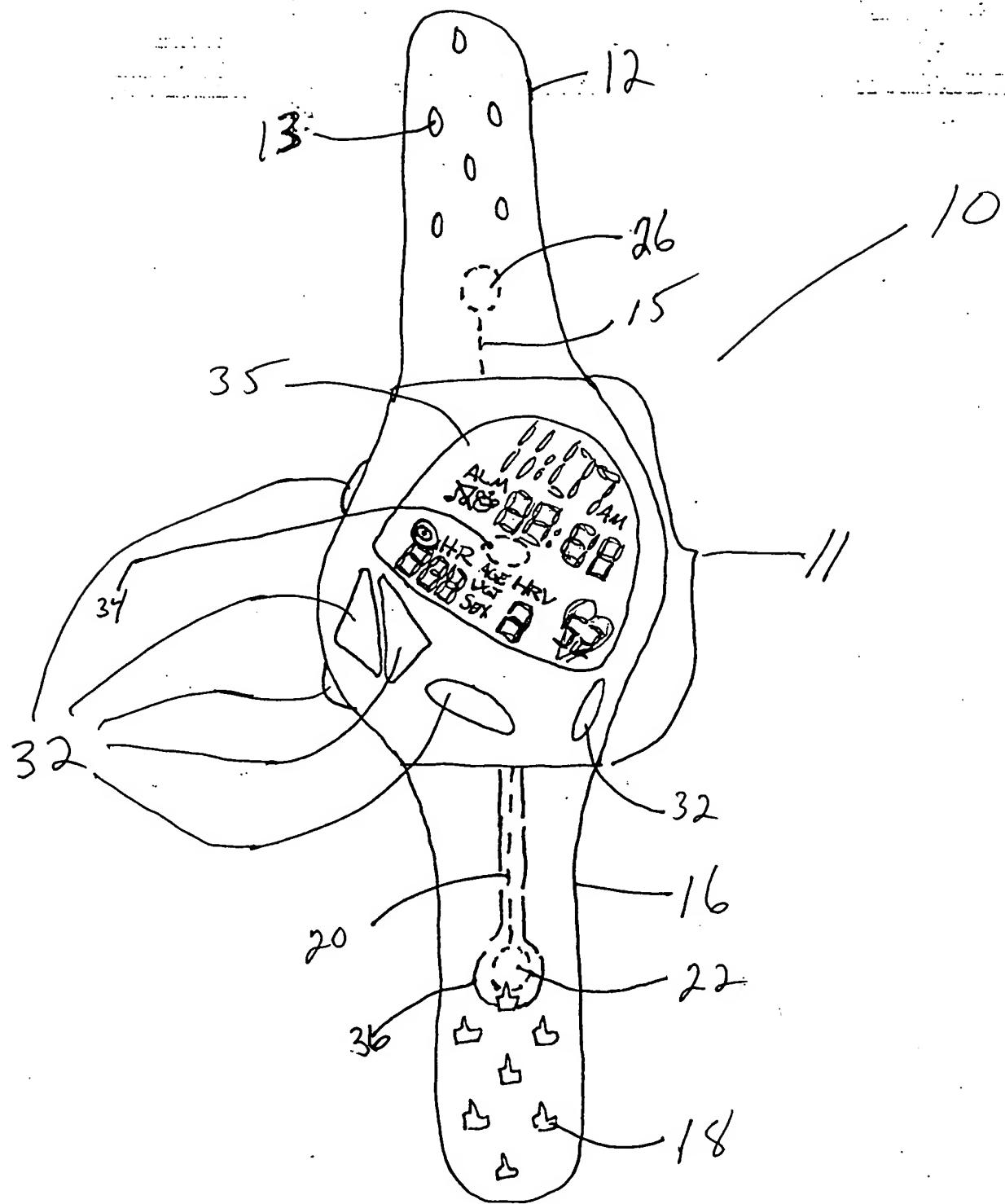


FIG. 1

Back of the  
device/watch

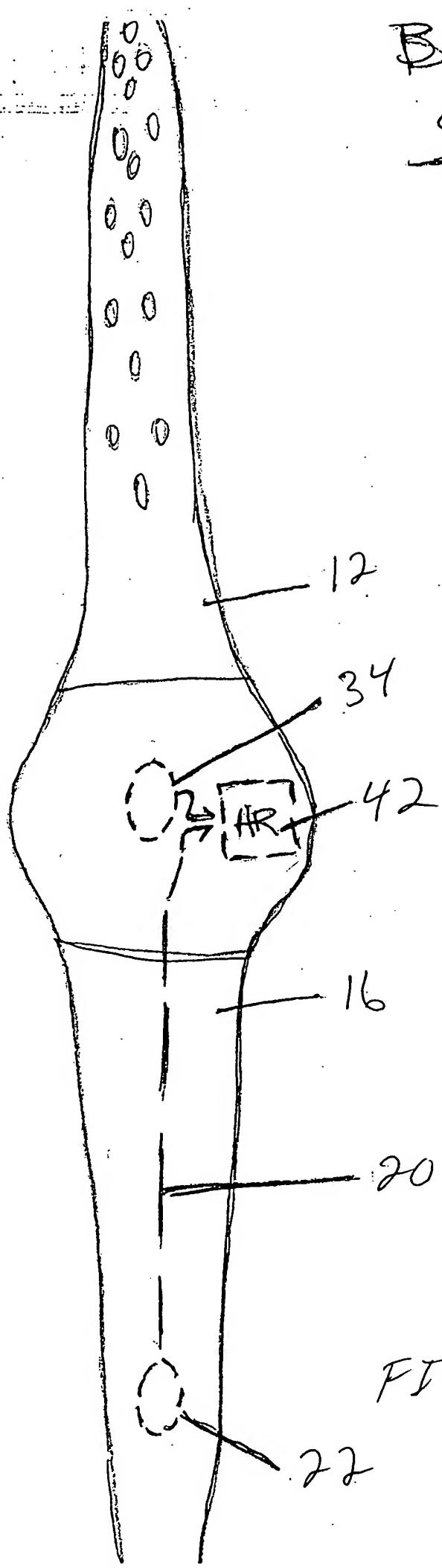
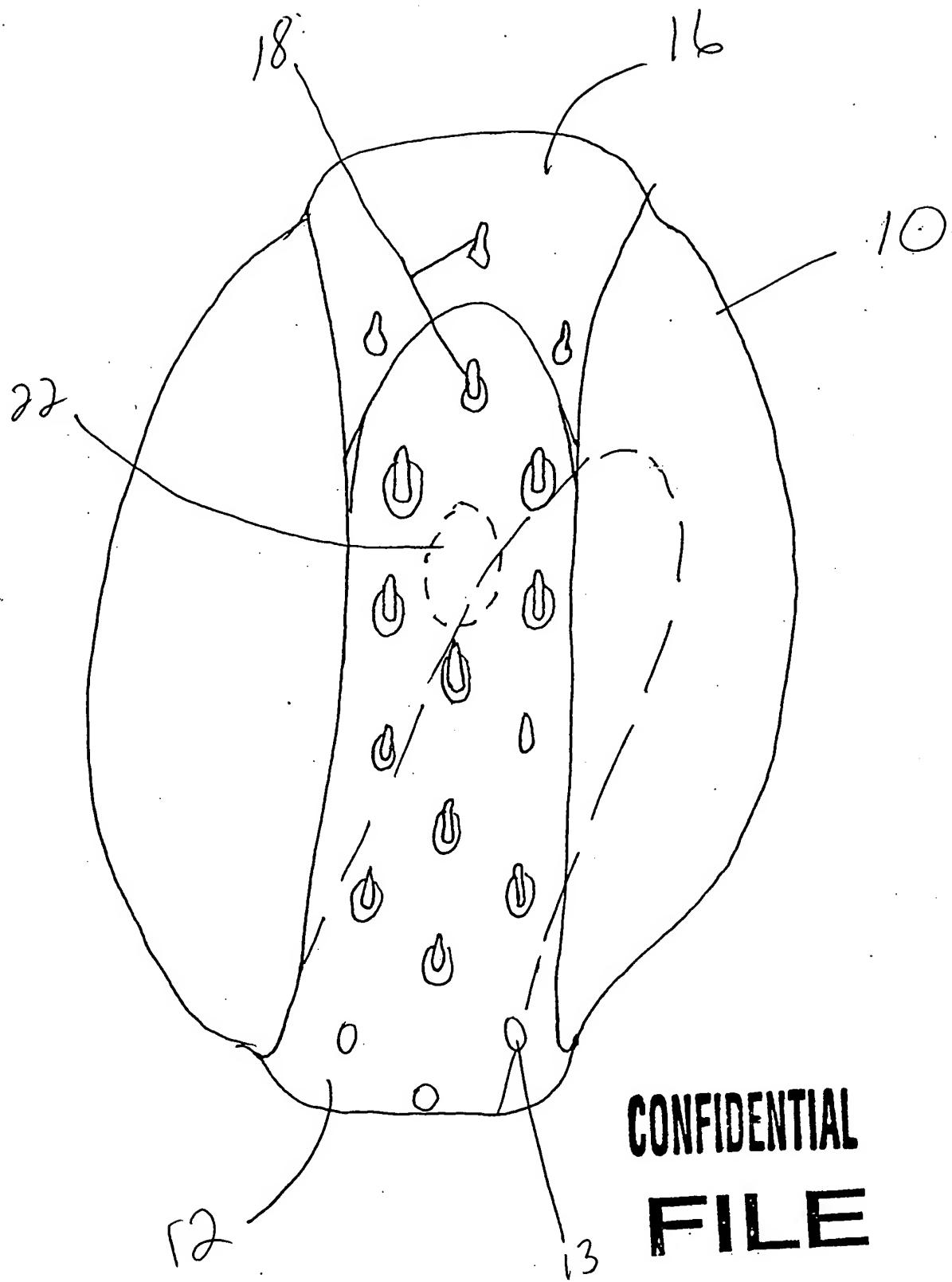


FIG 2

22

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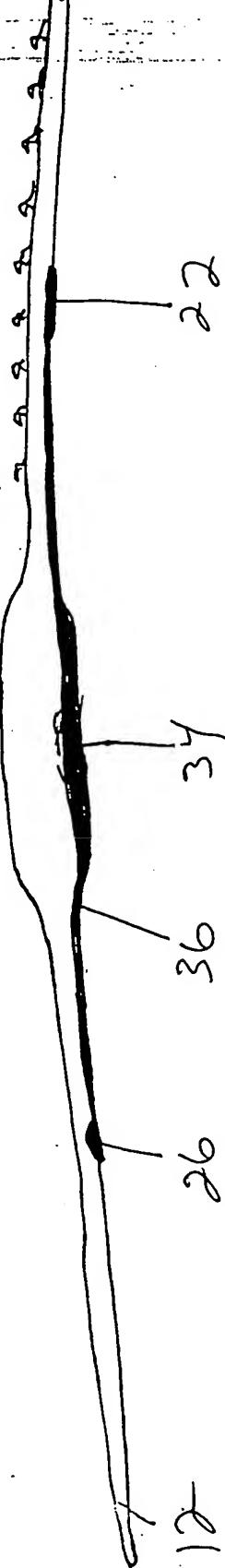


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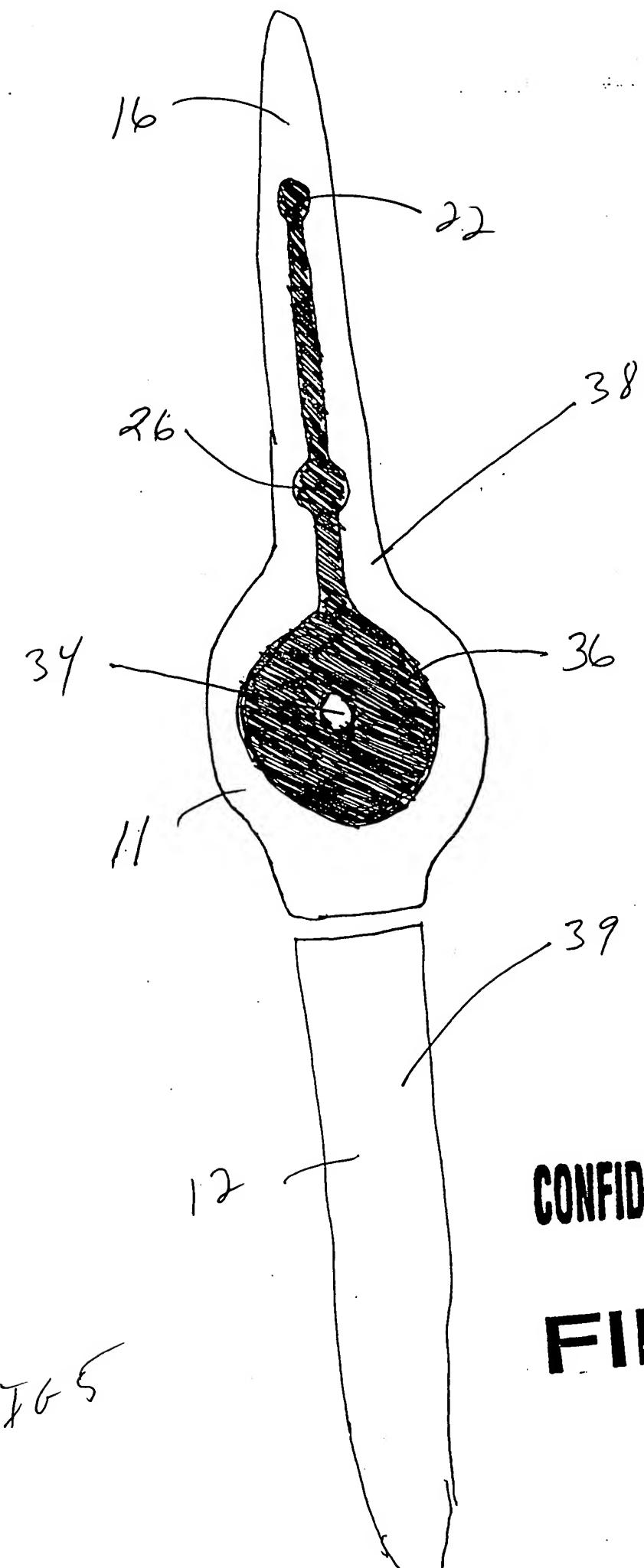
*FIG 3*

10



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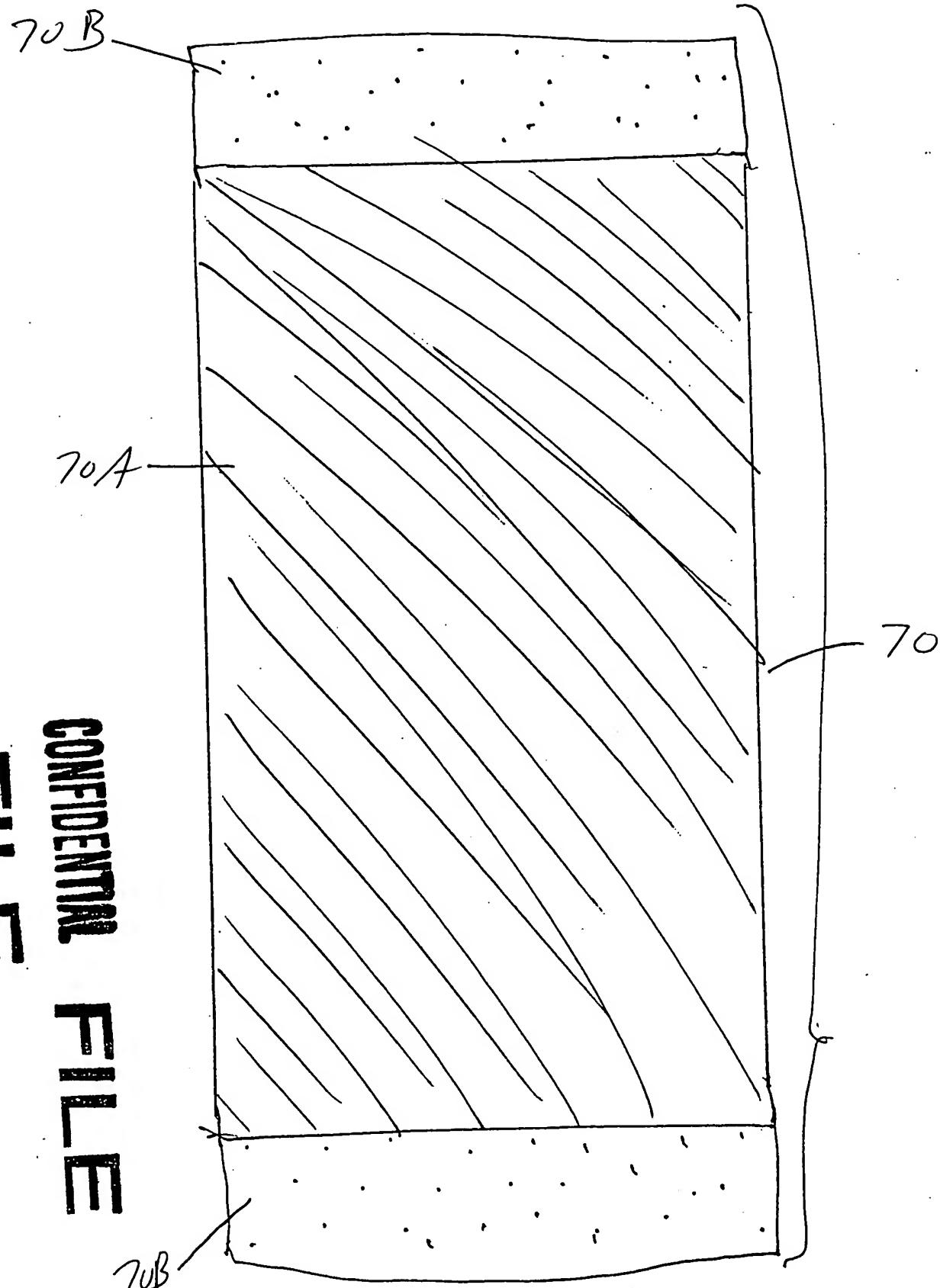
**FILE**

FIG 5

**FILE FILE**

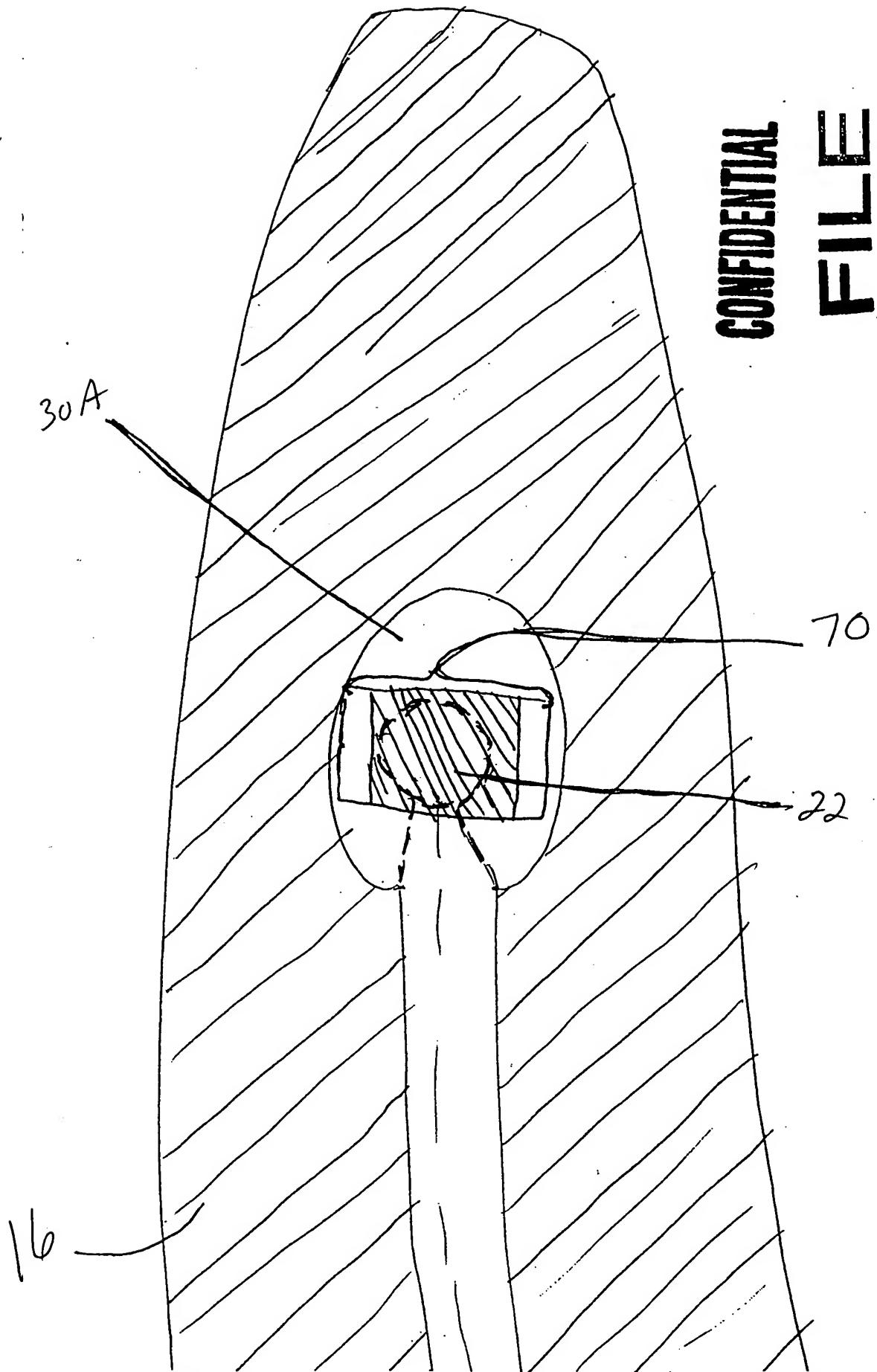
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FILE



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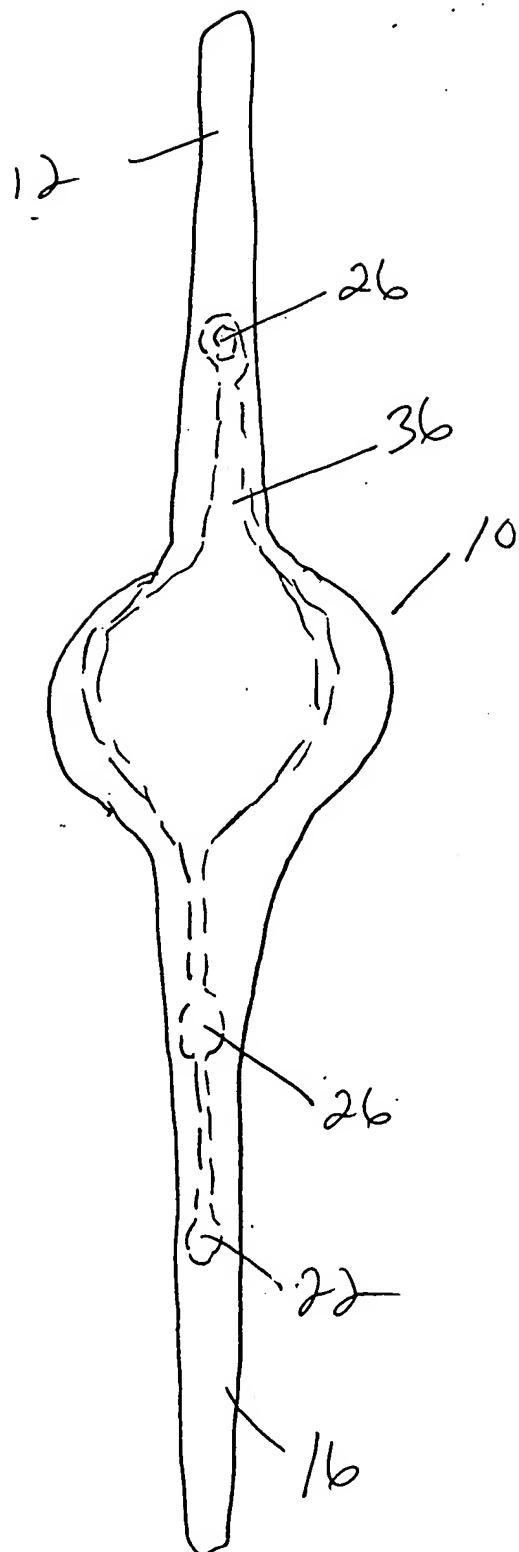


FIG 8A

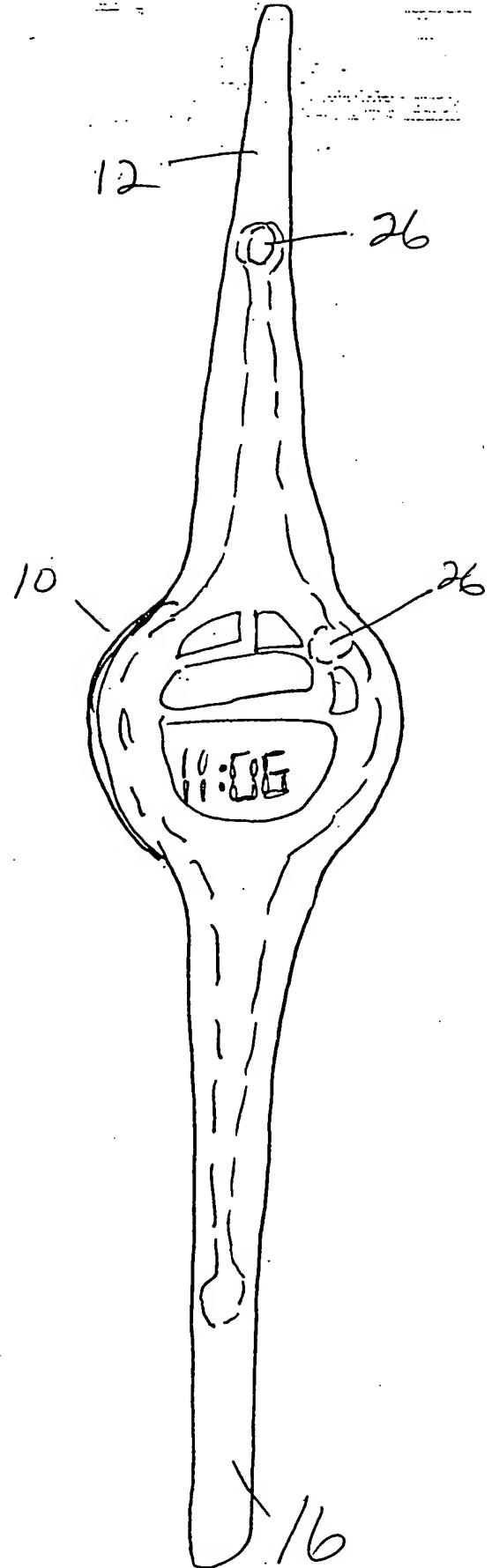
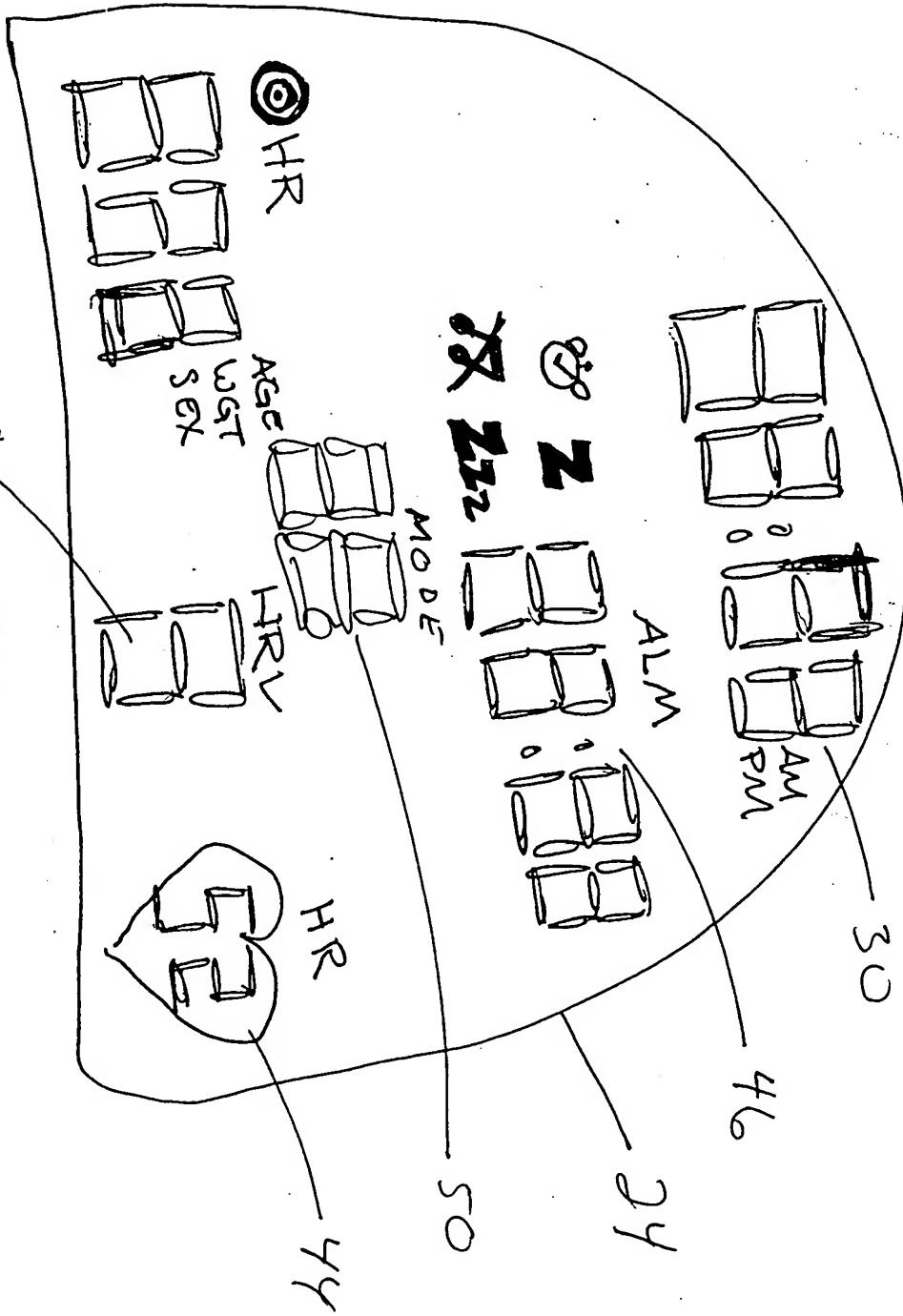


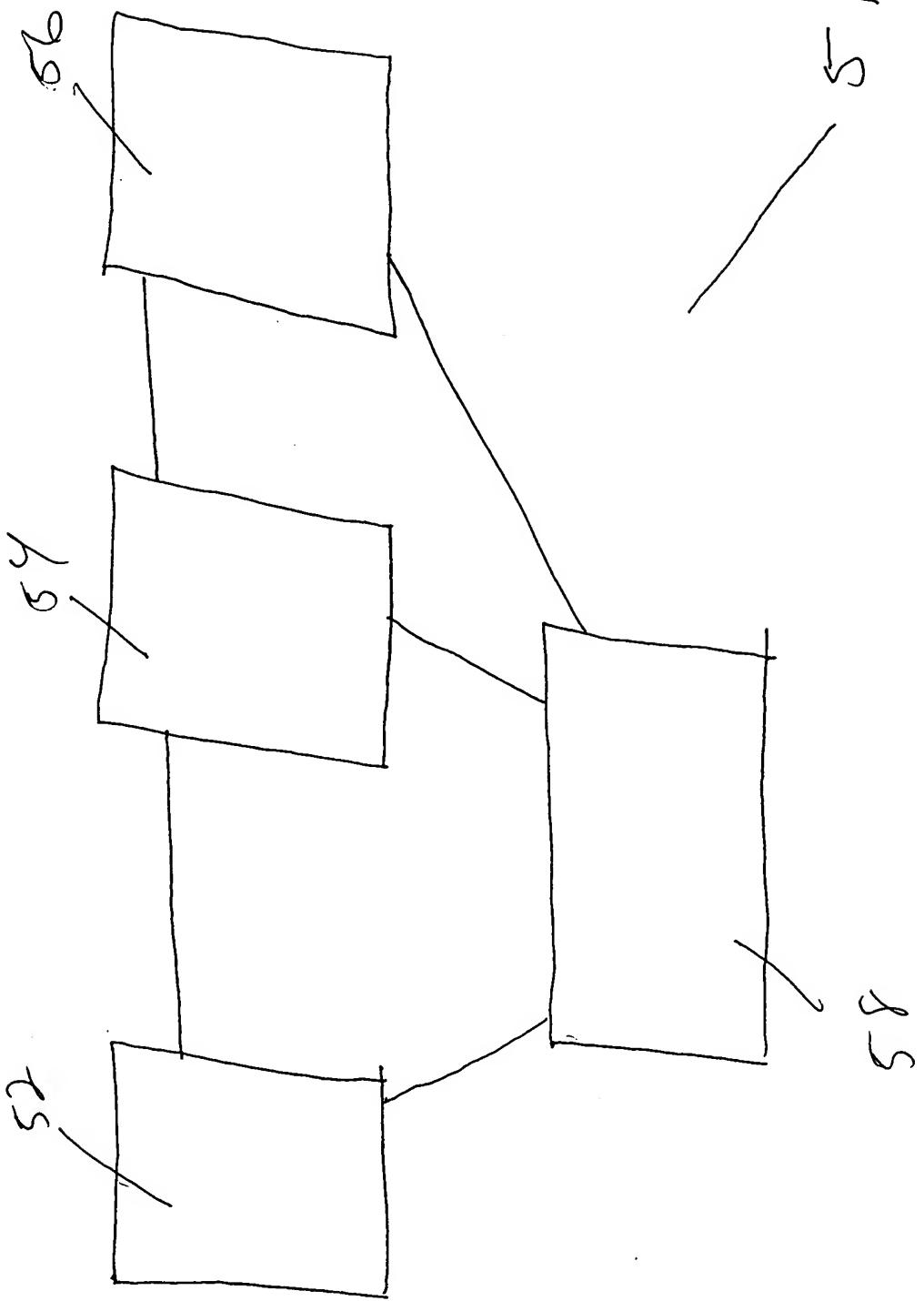
FIG 8B  
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FIG 9.

48





FTG 10

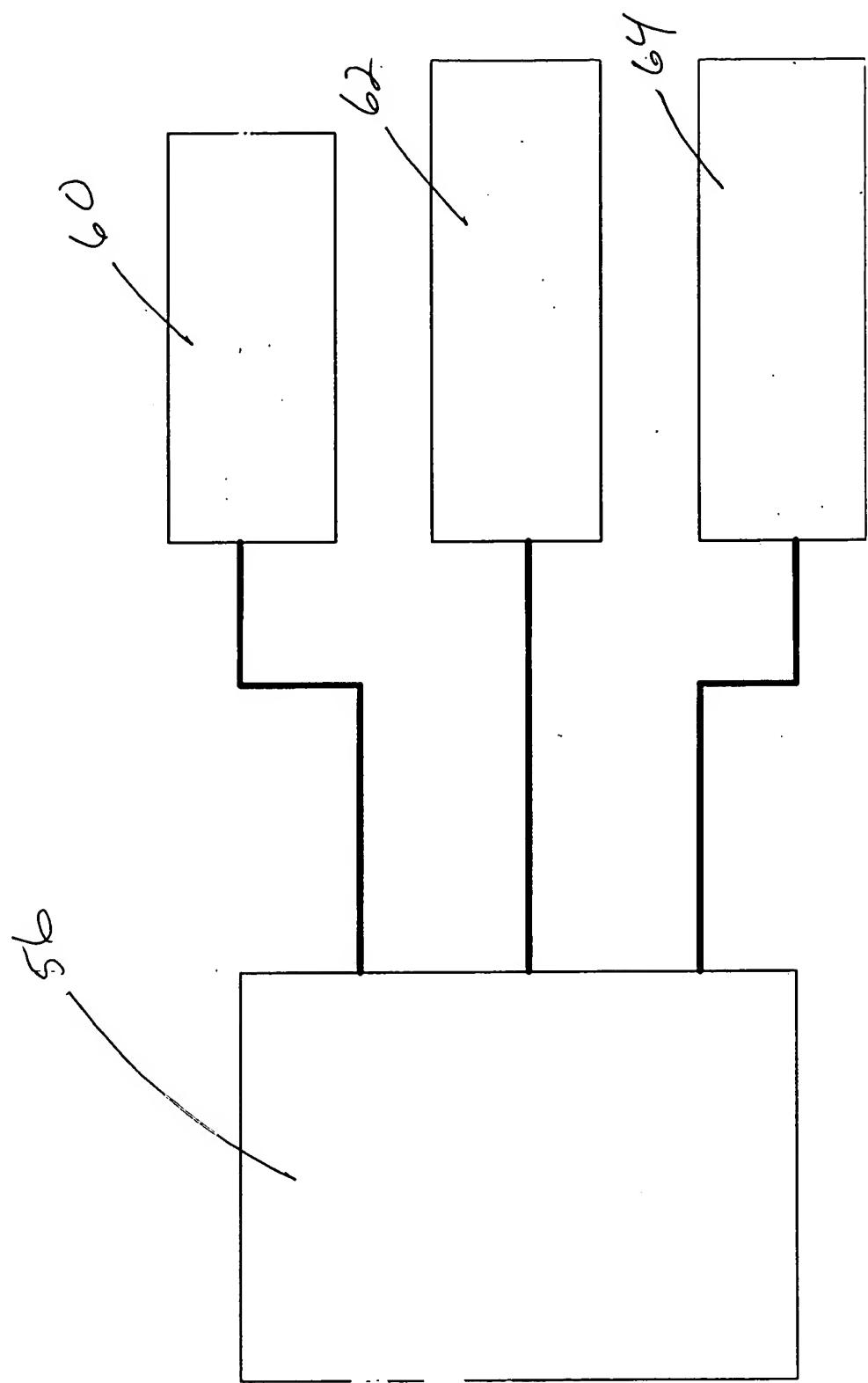
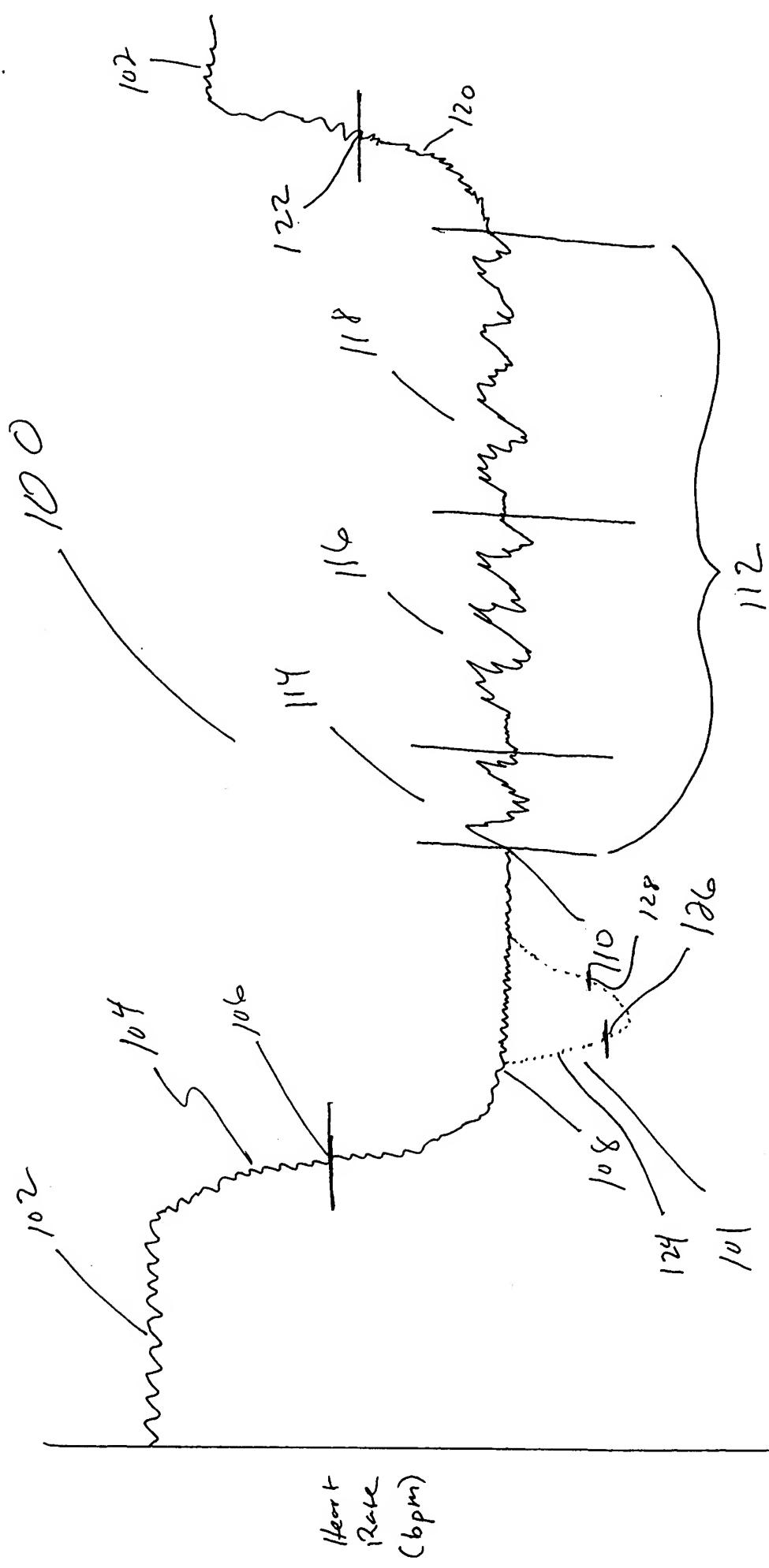
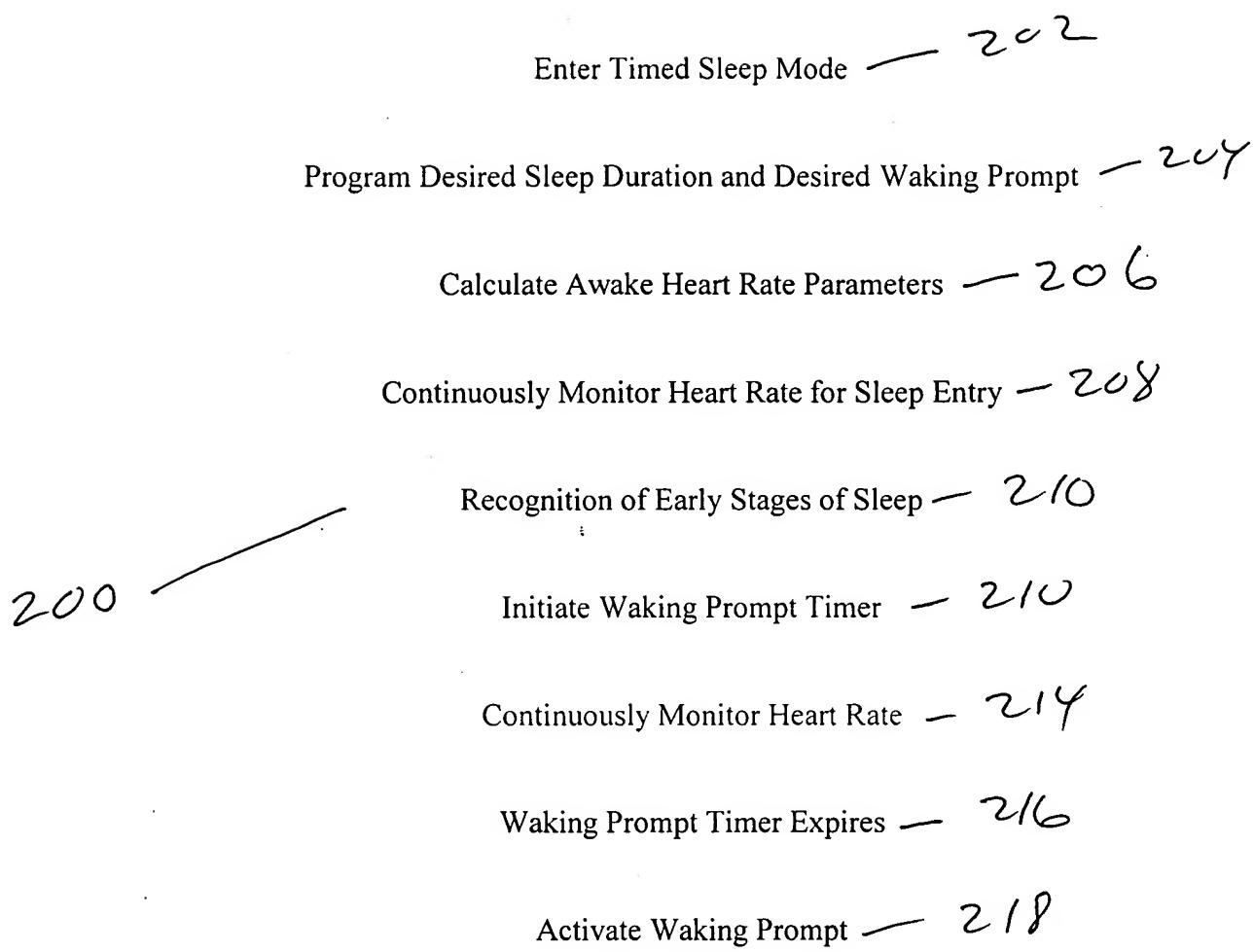


FIG 11



FTG-12



**FIG 13**

300

Enter REM Cycle Timed Sleep Mode — 302

Program Desired REM Sleep Duration and Desired Waking Prompt — 304

Calculate Awake Heart Rate Parameters — 306

Continuously Monitor Heart Rate for Awake Exit and non-REM Sleep Entry — 308

Recognition of Awake Exit and non-REM Sleep Entry — 310

Calculate non-REM Sleep Entry Parameters — 312

Continuously Monitor Heart Rate for non-REM Sleep Exit and REM Sleep Entry — 314

Recognition of non-REM Sleep Exit and REM Sleep Entry — 316

325

Calculate REM Sleep parameters — 320

Continuously Monitor Heart Rate for REM Sleep Cycle Completion — 322

Recognition of REM Sleep Cycle Exit — 324

Waking Prompt Activated — 326

FIG 14

Enter Timed Sleep Mode — 402

Calculate Awake Heart Rate Parameters — 408

Continuously Monitor Heart Rate for Awake Exit and non-REM Sleep Entry — 410

Recognition of Awake Exit and non-REM Sleep Entry — 412

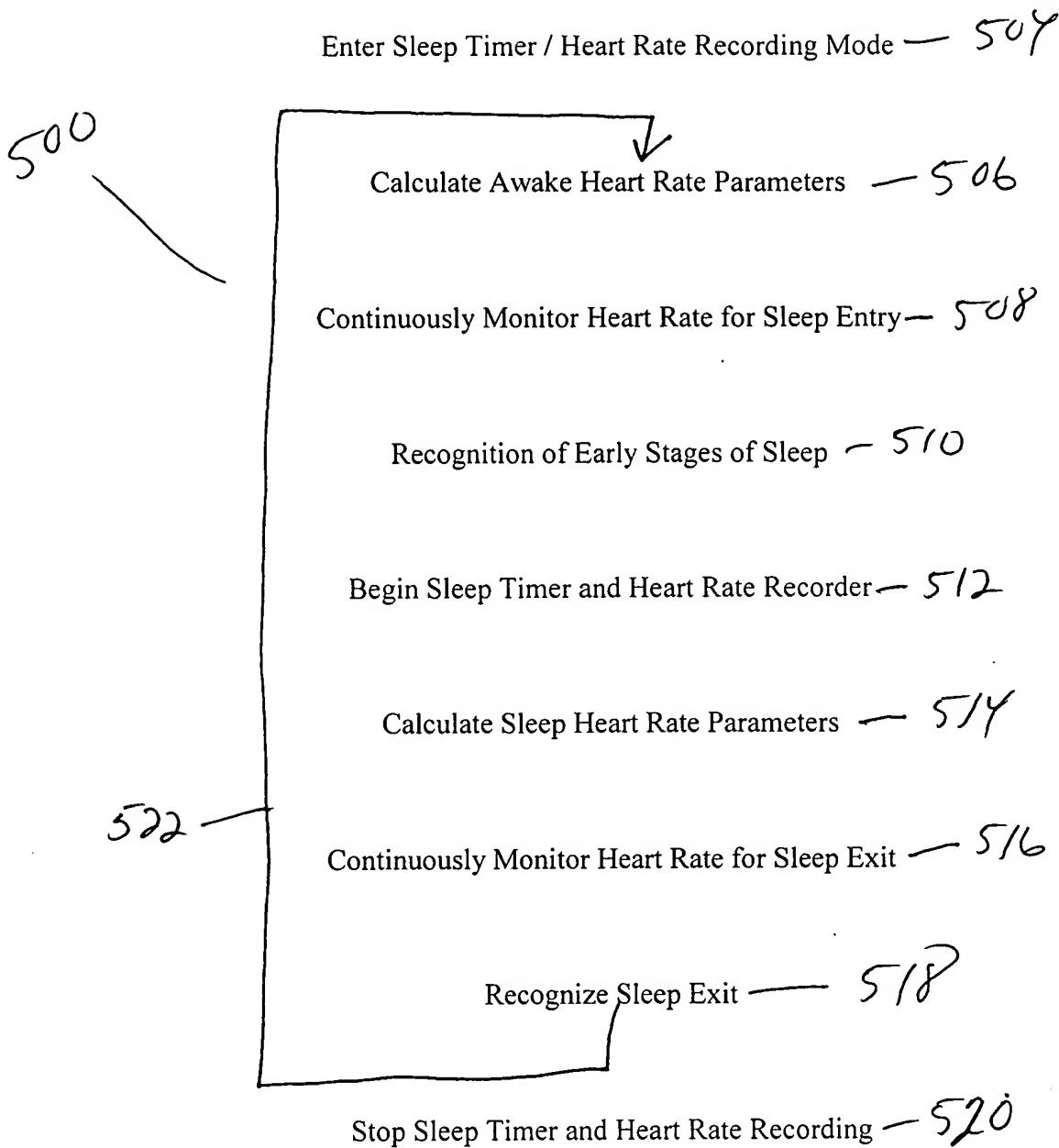
Calculate non-REM Sleep Entry Parameters — 416

Continuously Monitor Heart Rate for non-REM Sleep Exit and REM Sleep Entry — 418

Recognition of non-REM Sleep Exit and REM Sleep Entry — 420

Activate Waking Prompt — 422

**FIG 15**



**FIG 16**

Enter Sleep Apnea Mode — 604

600

Calculate Awake Heart Rate Parameters — 606

Continuously Monitor Heart Rate for Sleep Entry — 608

Recognition of Early Stages of Sleep — 610

Begin Sleep Timer and Heart Rate Recorder — 612

Calculate Sleep Heart Rate Parameters — 614

624

Continuously Monitor Heart Rate for Sleep Apnea Event(s) — 616

Optional Waking Prompt When Apnea Event Recognized — 618

Recognize Sleep Exit — 620

Stop Sleep Timer and Heart Rate Recording — 622

FIG 17

700  
Integrate Heart Rate Monitor With Home Control Unit and Central Home Computer — 702

Enter Remote Home Control Mode — 704

Home in Wake Mode — 708

Calculate Awake Heart Rate Parameters — 710

Continuously Monitor Heart Rate for Sleep Entry — 712

Recognition of Early Stages of Sleep — 714

Transmit Signal to Home Control Receiver(s) and, in turn, to Central Home Computer — 716

Central Home Computer Places Home in Sleep Mode — 718

Calculate Sleep Heart Rate Parameters — 720

Continuously Monitor Heart Rate for Sleep Exit — 722

Recognize Sleep Exit — 724

Transmit Wake Signal to Home Control Receiver(s) and, in turn, to Central Home Computer — 726

Central Home Computer Places Home in Wake Mode — 728

**FIG 18**